

BULLETIN 862

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Barbecued CHICKEN

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CORNELL EXTENSION BULLETIN

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Charcoal-Barbecued Broilers

BARBECUED broilers cooked over charcoal make good picnic food whether just for the family or for several hundred persons. Broilers are always delicious and nutritious. Follow the directions, and you will have a successful barbecue.

The Fireplace

For a small group of persons, use an indoor or outdoor fireplace. Most public parks have them. If you don't have an outdoor fireplace, you can easily build one out of stone, cinder blocks, chimney blocks, or bricks (figures 1 to 3).

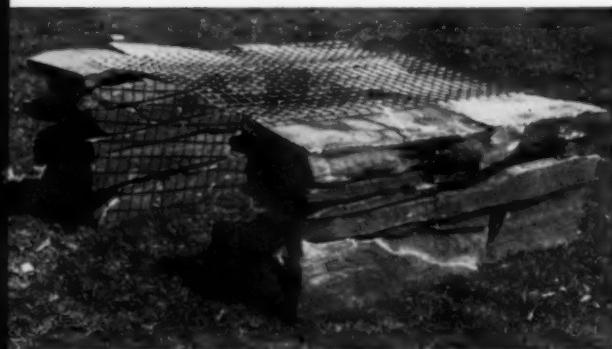


Figure 1. A stone fireplace is easy to build

Figure 2. A cinder-block fireplace can be quickly built

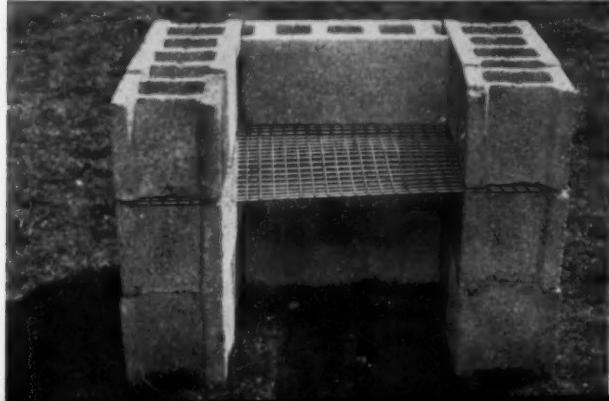




Figure 3. A quickly laid brick fireplace that would be more permanent if the bricks were joined by mortar

A barbecue pit is needed for a large group of people. The most satisfactory pits are made of cinder blocks (page 7) or galvanized metal (figure 4). Heat damages concrete blocks.

The Fire

For cooking the broilers, you need a hot fire but one that is not flaming or smoking. A charcoal fire is most satisfactory, although you can use a hardwood fire that has burned to coals.

You need a small amount of light, dry kindling, or wood alcohol to ignite the charcoal. With too much kindling, the charcoal fire may

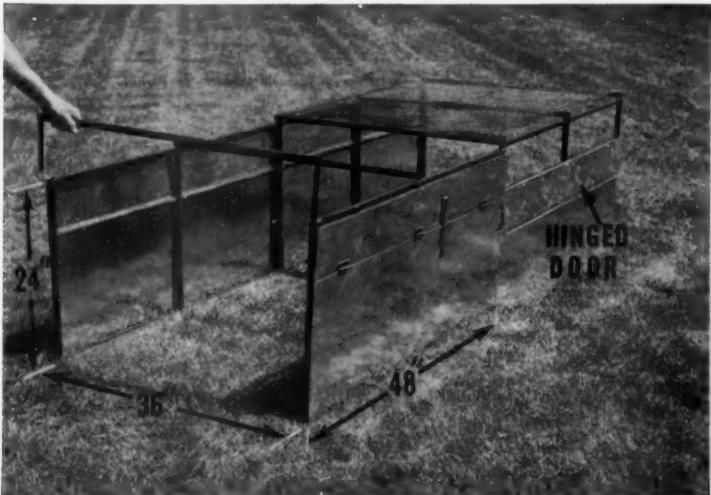


Figure 4. Sectional pits made of pipe or angle iron and galvanized metal are not difficult to make and are easily transported. Each 4-foot section holds about 50 broiler halves



Figure 5. Cut down the center of the backbone

get out of control. It is wise to have on hand a sprinkling can full of water in case the fire does get too hot.

Preparing the Broiler

Many meat markets sell halved broilers; but if you cannot get them, split them yourself. The whole broilers should weigh about 2 pounds ready-to-cook (entrails removed). First, cut down the center of the backbone and remove the neck (figures 5 and 6). Tear the breast in two. It will always rip in the center. The broiler halves should weigh about $\frac{1}{4}$ pound. Each half serves 1 adult or 2 children.

A Sauce

Barbecued broilers without sauce are like bread without butter. The barbecuing sauce is a basting material. Brush it on the broiler halves every few minutes during the cooking operation.

Barbecue Sauce (enough for 10 halves)

1 cup cooking oil	1 tablespoon poultry seasoning
1 pint cider vinegar	1 teaspoon pepper
4 tablespoons salt	1 egg

Figure 6. Nick the front of the keel



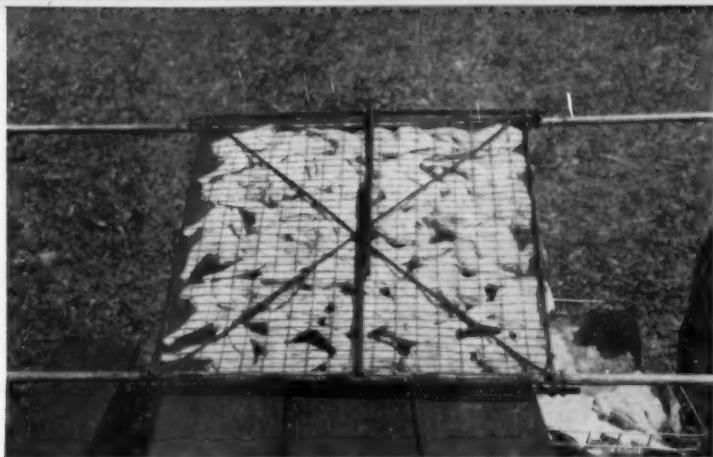


Figure 7. When a large number of people are to be served, broiler barbecue racks save labor in turning the chicken halves. This rack filled with broiler halves is ready for the fire. A 3- by 3-foot rack holds about 40 broiler halves. Construction details may be obtained from the Department of Poultry Husbandry, Cornell University

Beat the egg, then add the oil and beat again. Add other ingredients and stir. You may vary the recipe to suit individual tastes.

To Barbecue Broilers

Dip the halved broilers into the basting material and then put them over the fire. With a long-handled fork, turn the broilers about every 8 minutes, and baste the chicken each time with a fiber brush. It takes about 45 minutes for the broilers to cook, but the exact time depends on the amount of heat and on the size of the broilers. To test the chicken to see whether it is done, grasp the end of the leg bone and move the leg. If the joint moves easily, the meat is done.

Home-Style Barbecued Chicken

Home-Broiled Barbecued Broilers

You can prepare delicious barbecued broilers any day of the year right under the broiler unit in your range.

Barbecue Sauce (enough for 5 broiler halves)

$\frac{1}{2}$ cup cooking oil	$1\frac{1}{2}$ teaspoons poultry seasoning
1 cup cider vinegar	$\frac{1}{4}$ teaspoon white pepper
2 tablespoons salt	1 egg

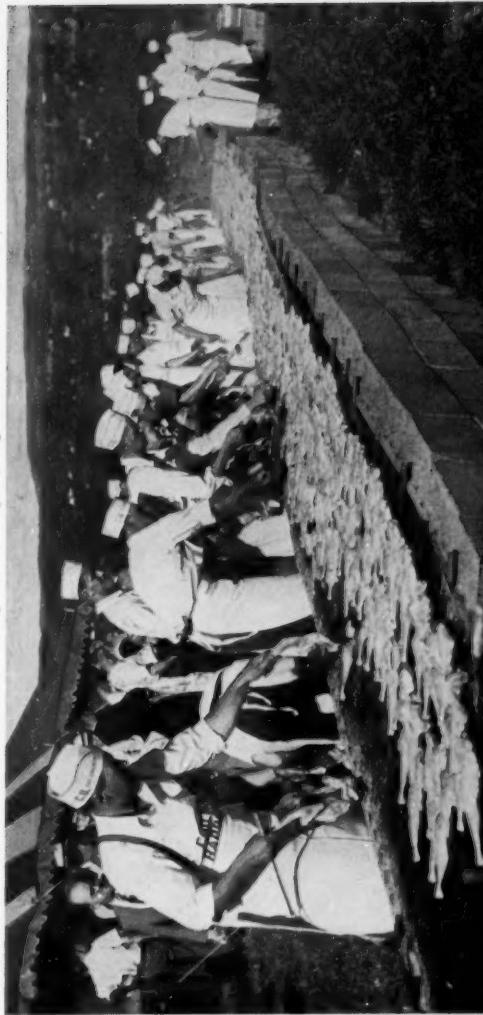
Table 1. Suggested Foods to Serve with Barbecued Broilers, and Supplies and Equipment Needed*

Number of persons	5	10	25	50	100	200	300	Remarks
Suggested Foods								
Tossed green salad	1 qt.	2 qts.	5 qts.	10 qts.	20 qts.	40 qts.	60 qts.	Cabbage salad is often cheaper and may be substituted
Cranberry sauce	1 pt.	1 qt.	2½ qts.	5 qts.	10 qts.	20 qts.	30 qts.	Serve on lettuce
Scalloped potatoes	¾ qt.	1½ qts.	3½ qts.	7½ qts.	15 qts.	30 qts.	45 qts.	Potato chips can be substituted—1 pound for each 10 to 15 persons. Another suggestion is new boiled potatoes
Sliced tomatoes	1 lb.	2 lbs.	5 lbs.	10 lbs.	20 lbs.	40 lbs.	60 lbs.	When in season, substitute for green salad
Sweet corn (ears)	8	15	37	75	150	300	450	When in season, substitute for potatoes
Mixed sweet pickles	½ pt.	1 pt.	1 qt.	2 qts.	1 gal.	2 gals.	3 gals.	Other pickles may be substituted
Rolls	7	15	38	75	150	300	450	
Butter	1 lb.	½ lb.	½ lb.	1 lb.	2 lbs.	4 lbs.	6 lbs.	Extra needed for sweet corn
Coffee	¼ lb.	½ lb.	½ lb.	1 lb.	2 lbs.	4 lbs.	8 lbs.	Milk or soft drinks may be substituted
Coffee cream (quarts)	¼	½	½	1	2	3	6	
Sugar (pounds)	½	½	½	1	2	4	6	
Ice cream	¼ qt.	½ qt.	1½ qts.	1 gal.	2 gal.	4 gal.	8 gal.	Watermelon or other fruit satisfactory in season
Chicken (halves)	5	10	25	50	100	200	300	Based on broilers weighing about 2 pounds ready-to-cook
If smaller, use more; if bigger, use less								
Barbecue sauce:								
Cooking oil	¼ pt.	½ pt.	1 pt.	1 qt.	2 qts.	4 qts.	6 qts.	Any cooking oil
Vinegar	½ pt.	1 pt.	1 qt.	2 qts.	4 qts.	8 qts.	12 qts.	Use cider vinegar
Salt	2 tbs.	4 tbs.	¾ cup	1½ cups	3 cups	6 cups	9 cups	
Pepper	¼ tsp.	½ tsp.	¾ tsp.	1½ tsp.	2½ tsp.	5 tsp.	7½ tsp.	
Poultry seasoning	1½ tsp.	3 tsp.	7 tsp.	14 tsp.	2½ cup	1 cup	1½ cups	
Eggs	1	1	3	5	10	20	30	Eggs should be well beaten
Pails for sauce	1	1	1	1	2	3	4	Does not include large container to heat sauce
Brushes or swabs for basting	1	1	1	1	2	3	4	Long-handled brushes
Forks to turn chicken	1	1	1	3	4	8	10	Long-handled forks
People to turn and baste chicken	1	1	2	4	6	11	14	

Supplies and Equipment						
Wire $\frac{1}{2}$ -inch square mesh, 3 feet wide	Use	Use	6'	9'	16'	29'
Pit—width inside	small	small	34"	34"	34"	42'
Pit—length in blocks (8' x 8' x 16")	fire- place	fire- place	3	5	10	20
Number of blocks			18	30	60	120
Pipe $\frac{1}{2}$ -inch, $3\frac{1}{2}$ feet long			3	4	7	14
Charcoal	3 lbs.	5 lbs.	13 lbs.	25 lbs.	50 lbs.	100 lbs.
Fire kindling (bushels)	$\frac{1}{8}$	$\frac{1}{4}$	$\frac{1}{2}$	1	2	4
						6

* A serving arrangement plan for a large group of persons may be obtained from the Department of Poultry Husbandry, Cornell University.

Figure 8. A pit fireplace



Dip the broiler halves in the basting sauce and then place them on a rack in the broiling pan so the surface of the chicken is from 4 to 5 inches below the broiling unit. Turn the halves about every 10 minutes and baste them each time. It takes about 30 to 40 minutes for the broilers to cook. The exact time depends on the size of the chicken. Test by moving the leg (as described on page 5).

Oven-Barbecued Chicken¹

Either broilers or fryers are suitable. If you use broilers, split them in half. Fryers should be quartered.

Barbecue Sauce (enough for 6 broiler halves or two 3-pound fryers)

$\frac{3}{4}$ cup cooking oil	1 tablespoon poultry seasoning
2 cups cider vinegar	$\frac{1}{2}$ teaspoon white pepper
2 tablespoons salt	1 egg

Place the chicken in a bowl and pour the heated sauce over it. Let it stand for 1 hour. If the chicken is not covered by the sauce, turn the pieces two or three times during the marinating. Heat butter or other fat in a heavy frying pan until it is bubbling but not smoking.

Drain the chicken pieces and brown them lightly. Transfer the browned pieces to a baking pan and continue cooking in the oven which has been preheated to 325°F.

Baste every 5 minutes with the barbecue sauce, turning the pieces each time. Bake from 30 to 40 minutes.

Barbecued Roasting Chicken

Roasted chicken is good, try it with barbecue sauce.

Barbecue Sauce (enough for a 5 pound ready-to-cook roaster)

$\frac{1}{2}$ cup cooking oil	1 $\frac{1}{2}$ teaspoons poultry seasoning
1 cup cider vinegar	$\frac{1}{4}$ teaspoon pepper
2 tablespoons salt	1 egg

Soak the roaster in the sauce for 1 hour. Turn the carcass from time to time so all parts will be well soaked. Stuff the roaster if desired and roast at 325°F. Allow 25 minutes per pound.

Baste with the barbecue sauce every 15 minutes during roasting.

¹Recipe from Mrs. H. S. Gabriel, Cornell University